BENICIO A NO-SHOW AS KIMBERLY STEWART GIVES BIRTH TO A GIRL

{page 12}

FIVE CLASSIC FLICKS THAT HOLLYWOOD SHOULD HAVE LEFT ALONE {page 10}

LOCAL MAN FEARS FOR HIS LIFE IN TRIPOLI

{page 3}

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OTTAWA metro®

Tuesday, August 23, 2011
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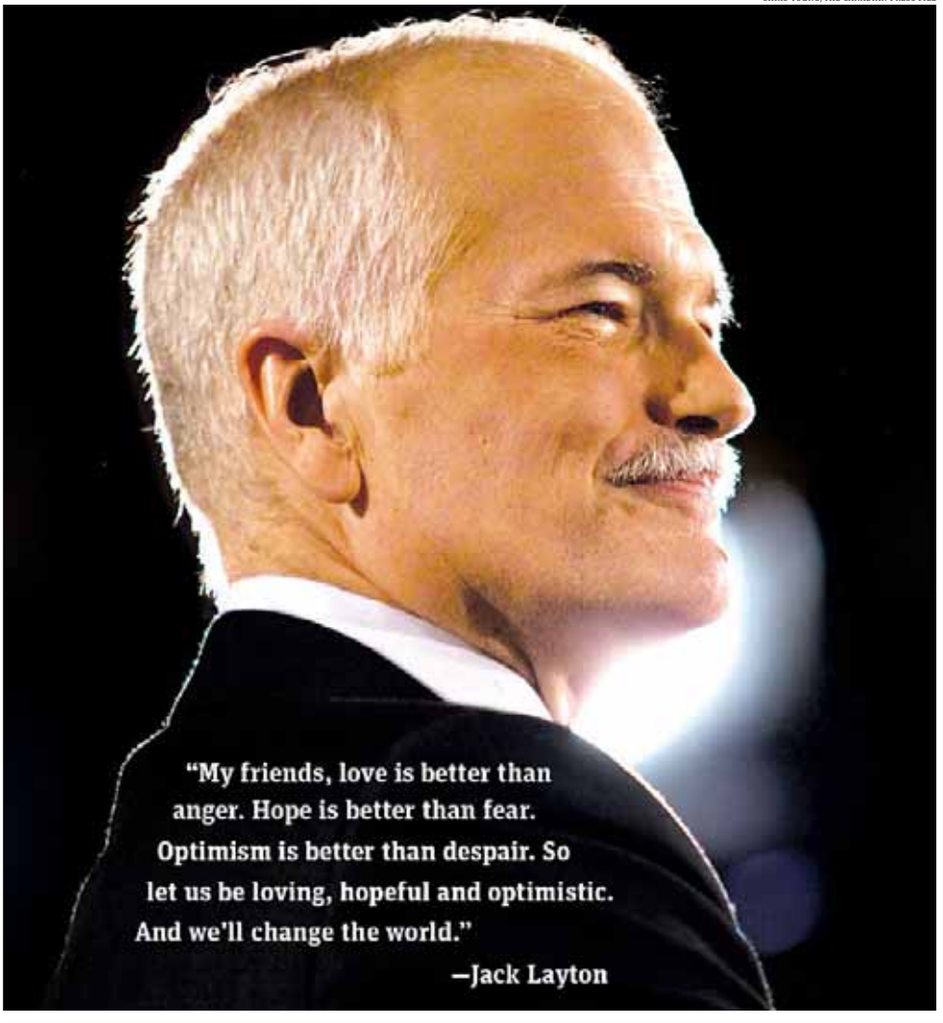
CHRIS YOUNG/THE CANADIAN PRESS FILE


"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world."
—Jack Layton

Farewell, Jack

City hall's flags will fly at half-mast until the day Layton is buried: Mayor Watson

JESSICA SMITH
@METRONEWS.CA

Canadians gathered around the eternal flame on Parliament Hill yesterday afternoon to pay tribute to Jack Layton. They left flowers, candles, cards and cans of Orange Crush — an icon of the NDP's gains in Layton's last election.

Some cried and hugged, others spoke about how he touched their lives.

"Jack Layton has inspired every Canadian in a really friendly kind of way and he has given us a little hope in politics," said Pascal Boyer, recalling shaking Layton's hand at an NDP convention in Gatineau and the NDP leader's remarkable strength, despite a recent battle with cancer and a broken hip.

Layton's fight with cancer moved Alan McKay to bring his sons, aged 5 and 7, to the gathering on the Hill.

"In a way, it's a memorial of their grandfather," said McKay. "My father passed away a couple of weeks ago, from cancer as well, and he was a strong supporter of the NDP."

Many mourners were not NDP partisans. Some, like Julia Laforge, said they simply cared for the man they only knew through his public personality.

"I feel that we've lost a really genuine person. I certainly didn't know him personally, but I feel like I did," she said, starting to cry. "He was someone we really needed in Canadian politics and I'm having a hard time imagining what it's going to look like without him."

Throughout the day, local groups and politicians issued messages of condolence, including Mayor Jim Watson, the Capital Pride Committee, the Ottawa and District Labour Council, and Vanier MP Mauril Belanger.

More coverage {pages 3 & 4}

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Mom wants help for son trapped in Libya

CONTRIBUTED

▶ Mahdi Nazemroaya

An Ottawa woman wants the Canadian government to do more to protect her son, who is hiding inside the Rixos Al Nasr hotel in Tripoli fearing for his life.

Mahdi Nazemroaya, a University of Ottawa graduate and independent journalist, took shelter inside the hotel with other reporters amid the unrest in Tripoli. When he called his mother, Pouran Asgari, in Ottawa Sunday to ask for help, she called Foreign Affairs.

"I talked to a few people but they didn't give me answers," she said. "There was a lady who called and she said she just had the news that the Canadian government is asking to protect him, but she said I should realize that they cannot do anything."

Asgari is worried about her son's safety given his critical views of the NATO bombings in Libya.

"It's giving me more stress, just thinking, 'OK, now he's alive,' but what next?" she said.

DFAIT could not be reached for comment in time for publication.

JOE LOFARO

JESSICA SMITH/METRO

▶ A can of Orange Crush, a symbol of the NDP's gains in the last election, sits on the eternal flame monument during an impromptu memorial for Jack Layton on Parliament Hill yesterday afternoon.

NDP leadership questions can wait: Spokesperson

Layton's colleagues taking time to grieve as they absorb news of death

JESSICA SMITH
@METRONEWS.CA

As New Democrats mourn the death of Jack Layton, interim NDP leader and Hull-Alymer MP Nycole Turmel faces an uncertain future.

Turmel did not speak to media yesterday, but Karl Bélanger, Layton's senior press secretary for the past eight years, said she will remain in place as interim leader for now.

"Everybody is sad today, distraught by the news. There was so much hope and optimism and good wishes from Canadians that everybody was hoping for a different result. So, of course we're going to spend the day mourning and absorbing the news we learned today," said Bélanger.

"We — members of Parliament, New Democrats and Canadians — need to pull together now and carry on his fight to make this country a better place."
INTERIM NDP LEADER, HULL-ALYMER MP NYCOLE TURMEL

"As for the next steps, this is not the time. The party will meet, in due course, and establish the rules for a leadership race, but that will obviously take some time."

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Nycole Turmel

In the letter Layton wrote to Canadians shortly before his death, he recommended Turmel continue as interim leader until a permanent successor is elected.

"I recommend the party hold a leadership vote as early as possible in the new year, on approximately the same timelines as in 2003, so that our new leader has ample time to reconsolidate our team, renew our party and our program, and move forward towards the next election."

The NDP leadership election of 2003 was held in late January. Layton was elected to replace retiring leader Alexa McDonough.

Turmel called Layton "a courageous man" in a statement she released yesterday. "It was his leadership that inspired me, and so many others, to run for office," her statement said.

1 news

Investment adviser Allan Small on why investors should stick to the stocks they know. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

An NDP staffer tells Metro about plans to follow in Layton's footsteps after leader's death. More at metronews.ca/ottawa

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FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN
METRO

I had lunch with Jack Layton once. I wrote a column about the West and the man from Toronto needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese — learned from his wife, Olivia Chow. It surprised me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that legendary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orange-peel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept going.

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

"I know one thing: Jack gave his fight against cancer everything he had. Indeed, Jack never backed down from any fight."
PRIME MINISTER STEPHEN HARPER

- **@fortunafilius** "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- **@natniles** "Canadian men should sport the 'Layton' for Movember this year in honor of Jack."
- **@bdgordonatlarge** "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better."
- **@elizaboothy** "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."

"We remember the Tommy Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world.'"
INTERIM NDP LEADER NYCOLE TURMEL

Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

July 18, 1950
Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious vigour of the times led him to political activism.

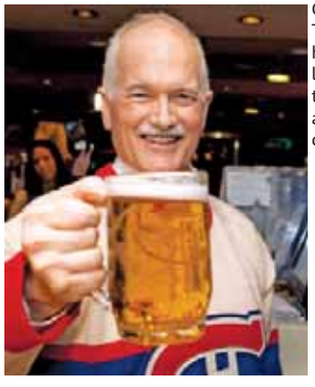
1969
Marries high-school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

July 9, 1988
Marries Olivia Chow, seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained, led rallies, marched in parades, ran for office and won.

1982
First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto councils for 20 years. He was a politician in the mould of a people's tribune, with rolled-up sleeves, 14-hour days and seven-day weeks.

Feb. 10, 2010
Tells public he was diagnosed with prostate cancer.

May 2, 2011
Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.



2003
Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his trade.

Sept. 10, 2006
Layton, seen on Day 3 of the 2006 NDP convention in Quebec City, receives 92 per cent approval rating.

Aug. 22, 2011
Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country.

1950 | 1969 | 1982 | 1988 | 2003 | 2006 | 2010 | 2011

TEXT: THE CANADIAN PRESS
PHOTOS: THE CANADIAN PRESS/ TORSTAR NEWS SERVICE

An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.

... To young Canadians: All my life I have worked to make things better. ... As my time in political life draws to a close, I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.

And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one — a country of greater equality, justice, and opportunity. ... My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.

My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.

All my very best,
Jack Layton

READ THE LETTER IN ITS ENTIRETY ONLINE AT METRONEWS.CA

For more coverage, go online to metronews.ca/jacklayton.

▶ **Video:** Layton's appearances on The Rick Mercer Report and an interview with Nardwuar.
▶ **Photos:** Mourners pay tribute to Layton on Parliament Hill.

Picking up the pieces in Goderich

Canada's 'prettiest' small town left in shambles Locals given 12-minute warning before powerful tornado touched down in southwestern Ontario

Residents of a town dubbed the prettiest in Canada wandered in shock yesterday through streets buried in rubble and mangled trees, some dissolving into tears as they took in the destruction caused by the most powerful tornado to hit Ontario in years.

The people of the picturesque Lake Huron community of Goderich seemed paralyzed, not sure what to do next.

"We will repair this town," vowed Mayor Delbert Shewfelt.

At least 37 people were injured and a 61-year-old worker at a salt mine was killed as winds of 280 km/h raged through the town of 8,000 on Sunday, ripping the roofs off historic buildings, reducing trees to matchsticks and tossing cars around like toys.

Debbie Hakkers, 49, crawled through the wreckage of her bedroom, sifting through the debris to fish out her jewelry box and laptop.

She rushed home from an out-of-town shopping trip on Sunday night to find her home torn apart with the roof ripped off.

Her husband Gary, who was inside when the tornado struck at about 4 p.m., escaped with only a few scrapes, but the home they shared is in ruins.

"It never really hit me until this morning when I got up and came outside and I just cried." Debbie Hakkers said, wiping away tears as she surveyed the rubble. THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ A man and woman react as they clean up a tornado-ravaged house in Goderich, Ont., yesterday.

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House costs sky-high

- RBC Economics reports home ownership costs up in the second quarter of 2011
- The Canadian Real Estate Association says costs will stabilize in late 2011 to 2012

City Housing Ranks

RBC's housing affordability index measures the costs of owning a home at going market values.

- **Vancouver is the most** expensive city with costs equivalent to 92.5 per cent of a household's monthly income, up 10.4 percentage points from the previous quarter.
- **Toronto is in second** with 51.9 per cent, up 2 points.
- **Other major cities** include: Ottawa (41.2 per cent, up 1.3 points), Calgary (37.1 per cent, up 0.6 points), Edmonton (33.8 per cent, up 0.6 points) and Montreal (42.6 per cent, up 1.4 points).
- **The national figure was** 43.3 per cent and was up 1.7 points.

Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around going forward, said Craig Wright, RBC's senior vice-president and chief economist.

"Renewed turmoil in global financial markets has caused heightened uncertainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said. "However, this volatility might have a silver lining; housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected."

The Bank of Canada will be in no hurry to raise interest rates in Canada, which helps keep variable rate mortgage costs down.

RBC expects that the central bank will now keep interest rates at the current low one per cent until the middle of next year.

"The postponement of interest rate increases might motivate homebuyers to stay active longer," said Wright.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	TSX	Oil	Natural gas	Gold
- 0.15¢ (101¢ US)	+60.89 (12,068.36)	+ 1.86¢ US ($84.21 US)	$3.891 (- 4.9¢)	$1,891.90 (+ $39.70)

Stocks. Oil

▶ Traders work in the oil options pit of the New York Mercantile Exchange yesterday. Oil prices are dropping as a rebellion in oil-rich Libya appeared close to ending.

RICHARD DREW/THE ASSOCIATED PRESS

Restoring Libyan oil exports

International oil prices fell yesterday because of the prospect that large oil shipments from Libya will hit the market again. It could be a year or more before this happens, but once the oil starts flowing, gasoline prices are expected to dip even further.

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Israel cuts deal with Google

Israel has given Google a green light to photograph its streets after a deal with the Internet giant meant to ensure its panoramic Street View service would not aide terrorists planning attacks on sensitive sites.

Critics in other countries have long accused Google of infringing on personal privacy with its mapping and photography technology. Initial worries in Israel were that the detailed photos could help terrorists plot attacks against sensitive locations or political figures.

A panel of government ministers met for six months to draft guidelines meant to ensure Israel's security would not be compromised. Israel announced Sunday it had reached an agreement with Google Inc. on security and legal issues related to the project.

Google "agreed to all of our requests," said Moti Ohana, media adviser to Intelligence Minister Dan Meridor, who headed the committee. Ohana refused to divulge details of the security arrangements.

A spokesman for Google Israel said the company hopes to provide updates soon about the project's launching, but wouldn't say when the service will begin in Israel.

Street View is already available in more than 30 countries on all seven continents. Israel will be the first Middle Eastern country to display its cities and streets with the service.

THE ASSOCIATED PRESS

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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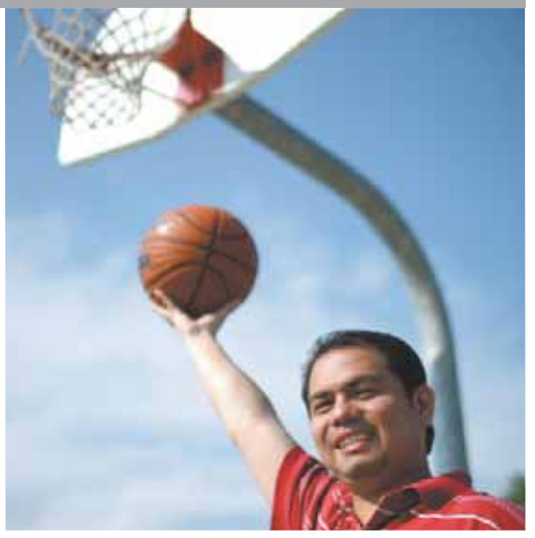

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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‡The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

TAKE ALL NEW ENDEAVOURS IN STRIDE

SHE SAYS ...

JESSICA NAPIER
METRO

I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the sidewalk.

Strangely, the more they annoyed me the more I wanted to be a part it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to start.

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard.'"

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

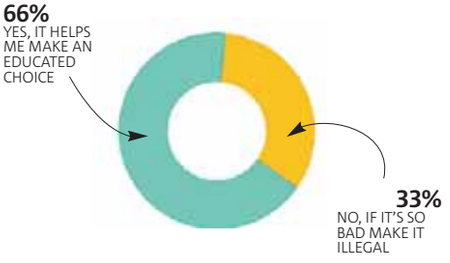
Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now — minus the $300 shoes and pace-monitoring shoelace clip with iPod synchronization.

Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?



Layton tweets

#jacklayton #RIPjack

- **@adsnell:** Integrity , honesty , compassion
- **@anitaelizar:** I admired Jack's determination
- **@jterr88:** I'll remember his passion. Agree with him or not, his devotion to Canada was unquestionable.
- **@lovenotmakewar2:** Mr. Layton was a visionary leader but can I just take a moment to say he wore that moustache like it ain't nobody's business
- **@melikait:** His love for Canada. If we can put as much love into this country as he has, we'll be a better country #CDNpride
- **@asecording:** I'll be remembering a strong-willed man, with a passion for politics. The only one that made me want to go out and vote.
- **@arjonny:** Was a true Canadian and inspiration to anyone who knew anything about him. He was so important that his nose was underlined.
- **@brensview:** He was an honest man. He genuinely wanted to help people and make a difference in their lives. His is a sad loss.

Letters

May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life — we should carry his spirit and work for his aspiration!

ABDULLAH-BAQUIE GHAZI, TORONTO

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

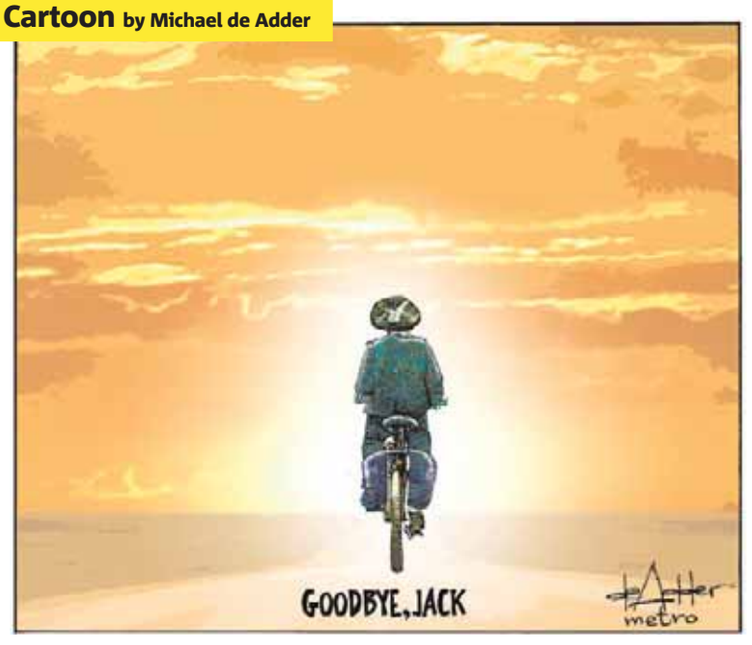
He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled.

WILLIAM PERRY, VICTORIA

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social justice.

KEVIN CLARKE, THE PEOPLES POLITICAL PARTY OF ONTARIO

Cartoon by Michael de Adder



WEIRD NEWS

Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana floats.

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they radioed for help on Saturday.

Authorities suspect the men threw the bales into the water before calling for help.

The navy said that when marines reached them, the men were removing water from the sinking boat, which had suffered an engine malfunction.

More than 120 kilograms of marijuana was floating near the vessel. **THE ASSOCIATED PRESS**

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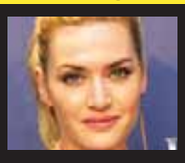
2 scene

Winslet escapes fire



Richard Branson says guests including actress Kate Winslet escaped uninjured when fire tore though his luxury Caribbean home on Necker, a private isle in the British Virgin Islands. THE ASSOCIATED PRESS

The Glee Project, where the winner gets a role on Glee, ends with a twist.

The Untouchables

The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers Here, a look at five classic films that Hollywood should have left alone

Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's best-known film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour — that's different — and added a few slight tweaks. Vince Vaughn plays the role of Norman Bates and Anne Heche plays Marion Crane. It's an intriguing exercise but, ultimately, a noble failure.

City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, quietly shaping people's lives. City of Angels, by comparison, was too obvious — it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon).

The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), But Cukor's tone and timing were missing; English missed the insights of the source material.

The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times, But this time the film's political ideology felt tossed-in.

The Karate Kid (2010)

Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even younger. And so neither the fighting nor the romance with a girl who's out of his league — two key components — made sense. THE ASSOCIATED PRESS

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Benicio baby has arrived

Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this year. "Although [he and Kimberly] are not a couple, they are looking forward to the arrival of the baby."

METRO

ALL PHOTOS GETTY IMAGES

▶ Benicio del Toro

Quick Dish

Brad and his brood reeling in the fun in Scotland

GONE FISHIN'. Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source says.

"I don't think Brad particularly cared about getting a bite.

It was just nice to spend time with the boys after a long day at work."

METRO

Celebrity tweets

@omarepps

"Dear Russell Mora, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me"

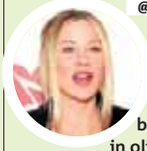
@AlecBaldwin

"I shall get a dog. And I shall name it..... Governor Rick Perry."

@SarahKSilverman

"Doing whatever I want, whenever I want, is just 1 of the great things about being single & barren."

@1capplegate



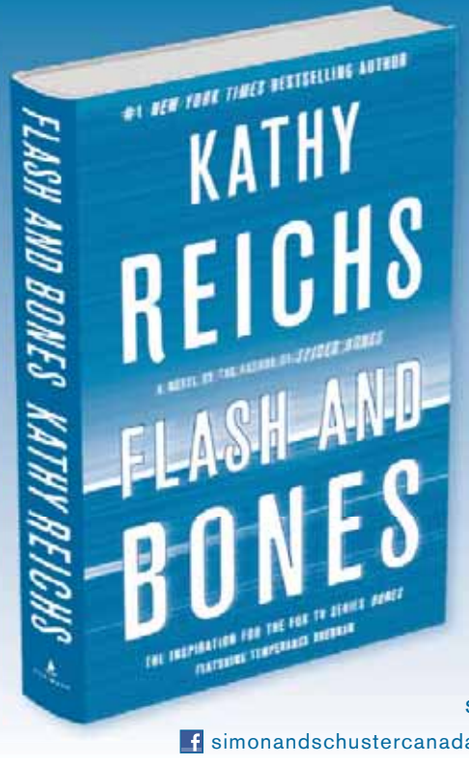
"If on a juice cleanse is it ok to have bread dipped in olive oil,since oo is technically juice and bread is..oh crap I ruined my cleanse"

Fresh prince of the west coast

Prince Harry is heading to the U.S. The young royal will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan next year.

METRO

A TURBOCHARGED THRILL
Dr. Temperance Brennan is back.



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Good luck!

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Making time for you

Wellness expert says the best way to recharge is with some alone time ▶ Unwind with you

CELIA MILNE
LIFE@METRONEWS.CA

Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouver-based wellness expert, life coach and author of Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it." Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.

Get alone time

So you need more time alone. How do you get it?

- **Declare social bankruptcy** This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."
- **Exercise alone.** People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

TURNER CLASSIC MOVIES

▶ "I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is a whole world of difference," actress Greta Garbo famously mused.

3 life

Research

Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids.

THE CANADIAN PRESS

Female smokers' bladder cancer risk now equals that of males: study

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

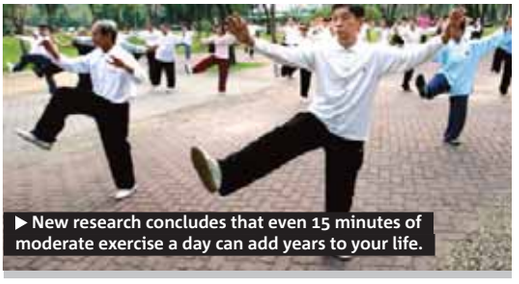
(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

You should try the minimum

Even 15 minutes of exercise a day can add years to life, study finds Don't use it as an excuse to slack

FILE PHOTO/THE ASSOCIATED PRESS



▶ New research concludes that even 15 minutes of moderate exercise a day can add years to your life.

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better.

But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life.

This "may convince many individuals that they are able to incorporate physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email. Nigam had no role in the research but wrote an editorial accompanying the Taiwan study published online last week in The Lancet. Fitness guidelines recommend that adults get at least a half-hour of moderate workout most days.

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Can you believe how close we are to the end of another summer? Before you know it, we will be sharing the roads with school buses once more. And along with the ritual of back to school, autumn brings with it the return of another Canadian ritual: **hockey!**

Like you, we are fans of this great, Canadian game. But I am sure most of us have that nagging concern in the back of our minds…**what if our child gets hurt?**

The truth is, you spend a lot of money on the best hockey equipment you can find, all in the hope of providing your son or daughter with as much protection from injury as possible. That means you look for the best shoulder pads, elbow pads, gloves. The better the protection they offer, the happier you are.

However, one area that many parents fall short on is the **mouth guard**. Now, all kids have them as the league's usually require them to wear one. So it is not that the kids lack a mouth guard. **What they lack is a top quality mouth guard.**

Most parents simply purchase an over-the-counter mouth guard that they find in their local hockey equipment store. Some of these products are fairly good and, when heated in boiling water, can be molded somewhat to fit your child's mouth.

Dr. Martin LaBoissonniere
Dental Surgeon

However, **they are no substitute for a custom-fitted mouth guard!**

Your dentist can take a mold of your child's mouth so that a mouth guard can be fitted that specifically takes into consideration **how his/her teeth come together.** That way, you can have a mouth guard specifically designed to **reduce the risk of dental trauma for your child**, rather than a one-size fits all solution.

It does cost more to have a custom-fitted mouth guard. But if you are prepared to invest in the best shoulder protection, why not adopt the same approach to protecting your child's teeth!

The beauty is if your child is a multi-sport athlete, s/he can **use the mouth guard for other sports.** Like hockey, football usually mandates that mouth guards be worn by all players.

If you watch a lot of professional **basketball**, you see a lot of players there wearing mouth guards. If it is good enough for the pros, we believe it is good enough for your children!

So invest in getting the best mouth guard – talk to your dentist about a custom fitted one to **maximize your child's protection** from sports related dental trauma.

Then you need to take proper care of it! Simply rinsing it under water after a game is not sufficient to remove the germs and bacteria that accumulate on a mouth guard. We recommend **brushing it with a toothbrush and toothpaste** after every use. You should also soak it in a bacteria fighting **mouthwash**. Afterall, protecting the teeth from bacteria is just as important as protecting them from trauma.

So take a moment to contact your dentist and talk about a custom-fitted mouth guard. Because protecting young smiles from sports trauma is a healthy habit… and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

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MATTHEW MEAD/ THE ASSOCIATED PRESS

Doctored Ice Cream

No time to whip up homemade ice cream? You can doctor the purchased variety.

Preparation:

1 Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for just soft enough to mix with a spoon, but not melted.

2 Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

Ingredients:

- 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

Add-In Suggestions

- Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- Cubed pound cake and chopped strawberries
- Almond extract and chunks of marzipan

Credible but not incredible

Eco-friendly Credible Edibles serves vegetarian, vegan and gluten-free eats

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

SHARI GOODMAN

Chilled gazpacho soup with Mexican black bean wrap and gluten-free brownie.

In a corner of Ottawa's prime foodie 'burb of Hintonburg sits a small, kid-friendly and environmental café that has neighbourly charm.

Herbs sprout from planters on the patio and food is served on old-fashioned camping style divided metal plates with freshly laundered cloth napkins on the side.

The menu offers vegetarian, vegan and gluten-free options.

On a hot day, the chilled gazpacho soup was refreshing with its fine texture, zing from garlic and sweetness from fresh vine-cooked tomatoes.

The Mexican black bean wrap mixed with fresh salsa, crunchy cucumber chunks, garden lettuce and fresh cilantro was tasty but not filling.

To soothe my sweet tooth, I ordered the double fudge brownie. Although gluten-free, it lacked the fudge and chocolate decadence I desired.

The iced coffee was cold coffee with ice, which is what I ordered, but was slightly disappointing in its simplicity.

This lunch spot is credible and edible but not incredible.

Credible Edibles
78 Hinton Ave. N.
613-558-7569
Reservations: No
Social lunch: Yes
Client negotiations: Yes
Price range: $$
Rating: 3 out of 5

A GIFT THAT MAKES YOU GIVE

ISTOCK

Gift certificates can sometimes be a tricky gift.

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I received a gift certificate from a girlfriend for X-mas. It is for both of us (it was a two-for-one deal) at a spa. After reading the fine print I noticed that "we" are responsible for tax and tip. My question is this: should I have to pay for my half? I didn't expect to have to end up paying for a gift. Fifteen per cent tax and 15 per cent tip (at least) is going to end up being kinda spendy on the $200 gift certificate. Am I wrong to expect her to pay for at least the tax and I can be left to decide what tip I would leave? Karen

Dear Karen,

I fully agree with you that it would be correct for your friend to pay the taxes on the gift that she has given you.

However, I suspect that this is going to end up your expense. I find it strange that the taxes were not collected at the time of purchase, however it is what it is.

Putting taxes aside, any gratuity would be your responsibility unless your friend advises you that she has taken care of this.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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LESSONS IN CHEAP

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feeling stressed about back-to-school shopping? You're not alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend $400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior wants them. Shop for necessary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbourhood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

Is the fund love mutual?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quicktake Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broad-based Canadian equity fund would be compared against its category and also against the S&P/TSX Composite Index.

ISTOCK

▶ Alison's money rule: A down market is the perfect time to evaluate the quality of your mutual funds.

You can also ask your advisor to pull up the same information for you on each of the funds you hold.

Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

If any of your funds are sub-par you may want to sell and buy better ones in the same category (check into deferred sales charges first).

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

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Your money section sponsored by: TD

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Ces séances d'information sont financées par le gouvernement du Canada.

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A year spent in the rough

STEVE DYKES/GETTY IMAGES

▶ Graham DeLaet entered three events in June before his back pain returned.

Back problems have kept Graham DeLaet from following up on his strong PGA debut in 2010

This was supposed to be Graham DeLaet's time to shine.

With an impressive rookie season on the PGA Tour under his belt and a wide open landscape in Canadian golf, the 29-year-old from Weyburn, Sask., seemed poised to step to the forefront of the sport in this country.

Instead, his 2011 season never even got off the ground. DeLaet had back surgery the first week of January and appears likely to finish the year having only played a handful of tournaments.

"When I'm feeling 100 per cent, I'm going to (return)," DeLaet said yesterday in an interview. "I'm not going to do it any sooner than that."

He already got a small taste of what it's like to come back too soon, having entered three events in June before the soreness and stiffness returned.

There remains a possibility he might take part in the PGA Tour's Fall Series — four tournaments held in October following the playoffs — but it is far from certain. That was the best stretch of events DeLaet played as a rookie last season and allowed him to keep his fully exempt status.

It would be tough to let them pass by this year.

"The worst thoughts cross your mind: 'Will I ever be able to play again?'"
GRAHAM DELAET

"I played well in the Fall Series last year so that part of me wants to get going," said DeLaet. "But at the same time, I had that feeling in June and I went out and played and it was just too early. The competitor inside me wants to go but I think you have step back and look at the big picture before you make any kind of commitments."

There is some reason for optimism. DeLaet's back has progressively started feeling better in recent weeks and he's found himself able to perform more challenging positions in bikram yoga.

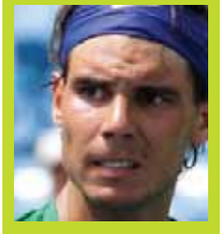
DeLaet plans to ask the Tour for a medical exemption that will give him 26 total tournaments in 2012 to earn the equivalent of 125th spot on the money list this year.

The back problems date back to an injury DeLaet suffered while playing hockey as a teenager. The pain became unbearable towards the end of last year, forcing him to have surgery to remove a portion of a herniated disc.

THE CANADIAN PRESS

4 sports

Quoted



"(The) diagnosis had initially been like a shot to the head. The bone still hurts me. It remains under control, just, but we can never drop our guard."

TENNIS STAR RAFAEL NADAL IN HIS NEW AUTOBIOGRAPHY, RAFA. THE SPANISH PLAYER WRITES THAT DOCTORS DISCOVERED A RARE FOOT INJURY IN 2005 THAT HAD THE POTENTIAL TO SIDELINE HIM FOR GOOD, PROMPTING THOUGHTS OF A FUTURE IN GOLF.

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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	77	48	.616	—
Boston	77	49	.611	½
Tampa Bay	69	56	.552	8
Toronto	65	62	.512	13
Baltimore	47	77	.379	29½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	68	58	.540	—
Cleveland	62	61	.504	4½
Chicago	63	63	.500	5
Minnesota	55	71	.437	13
Kansas City	52	76	.406	17

WEST DIVISION

	W	L	Pct	GB
Texas	73	55	.570	—
Los Angeles	69	59	.539	4
Oakland	57	70	.449	15½
Seattle	53	72	.424	18½

Last night's results

Seattle at Cleveland

Detroit at Tampa Bay

Boston at Texas

Baltimore at Minnesota

Sunday's results

Detroit 8, Cleveland 7

Tampa Bay 8, Seattle 7

Boston 6, Kansas City 1

N.Y. Yankees 3, Minnesota 0

Chicago White Sox 10, Texas 0

L.A. Angels 7, Baltimore 1

Toronto 1, Oakland 0

Tonight's games

Seattle (Beavan 3-4) at Cleveland (Masterson 10-7), 1:05 p.m., 1st game

Oakland (McCarthy 6-6) at N.Y. Yankees (Colon 8-7), 7:05 p.m.

Seattle (Vasquez 0-0) at Cleveland (McAllister 0-0), 7:05 p.m., 2nd game

Kansas City (Chen 8-5) at Toronto (Morrow 9-7), 7:07 p.m.

Detroit (Penny 8-9) at Tampa Bay (Price 11-10), 7:10 p.m.

Boston (Lackey 11-9) at Texas (C.Lewis 11-8), 8:05 p.m.

Baltimore (Simon 3-6) at Minnesota (Duensing 8-12), 8:10 p.m.

Chicago White Sox (Buehrle 10-6) at L.A. Angels (E.Santana 9-9), 10:05 p.m.

Tomorrow's games

Seattle at Cleveland, 12:05 p.m.

Boston at Texas, 7:05 p.m.

Oakland at N.Y. Yankees, 7:05 p.m.

Kansas City at Toronto, 7:07 p.m.

Detroit at Tampa Bay, 7:10 p.m.

Baltimore at Minnesota, 8:10 p.m.

Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	82	44	.651	—
Atlanta	76	52	.594	7
Washington	62	64	.492	20
New York	60	67	.472	22½
Florida	57	70	.449	25½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	77	52	.597	—
St. Louis	67	60	.528	9
Cincinnati	62	65	.488	14
Pittsburgh	59	67	.468	16½
Chicago	56	71	.441	20
Houston	42	85	.331	34

WEST DIVISION

	W	L	Pct	GB
Arizona	69	59	.539	—
San Francisco	68	60	.531	1
Colorado	60	68	.469	9
San Diego	59	70	.457	10½
Los Angeles	57	69	.452	11

Last night's results

Milwaukee 8 Pittsburgh 1 (1st game)

Philadelphia 10 N.Y. Mets 0

Washington 4 Arizona 1

Atlanta at Chicago Cubs

L.A. Dodgers at St. Louis

Milwaukee at Pittsburgh (2nd game)

Houston at Colorado

Sunday's results

Milwaukee 6, N.Y. Mets 2

Atlanta 1, Arizona 0

Cincinnati 5, Pittsburgh 4

Washington 5, Philadelphia 4, 10 innings

San Francisco 6, Houston 4, 11 innings

Colorado 5, L.A. Dodgers 3

San Diego 4, Florida 3

St. Louis 6, Chicago Cubs 2

Tonight's games

Arizona (I.Kennedy 15-4) at Washington (Zimmermann 8-10), 7:05 p.m.

Milwaukee (Estrada 3-8) at Pittsburgh (Ohlendorf 0-0), 7:05 p.m.

N.Y. Mets (Niese 11-10) at Philadelphia (Worley 8-1), 7:05 p.m.

Cincinnati (Cueto 9-5) at Florida (Nolasco 9-9), 7:10 p.m.

Atlanta (Minor 3-2) at Chicago Cubs (C.Coleman 2-5), 8:05 p.m.

L.A. Dodgers (Kershaw 15-5) at St. Louis (Lohse 11-7), 8:15 p.m.

Houston (Norris 6-8) at Colorado (White 0-0), 8:40 p.m.

San Diego (Latos 6-12) at San Francisco (Cain 10-9), 10:15 p.m.

Tomorrow's games

Milwaukee at Pittsburgh, 12:35 p.m.

N.Y. Mets at Philadelphia, 1:05 p.m.

L.A. Dodgers at St. Louis, 2:15 p.m.

Houston at Colorado, 3:10 p.m.

Arizona at Washington, 7:05 p.m.

Cincinnati at Florida, 7:10 p.m.

Atlanta at Chicago Cubs, 8:05 p.m.

San Diego at San Francisco, 10:15 p.m.

SUNDAY

BLUE JAYS 1, ATHLETICS 0

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
A.Hill 2b	4	0	1	0	JWeeks 2b	4	0	1	0
EThms lf	4	0	0	0	Crisp cf	4	0	0	0
Bautist rf	3	1	2	1	Matsui dh	4	0	0	0
Encrnc 1b	4	0	0	0	Wlngh lf	3	0	0	0
Rasms cf	3	0	0	0	Allen 1b	2	0	0	0
Lawrie 3b	3	0	0	0	CJcksn rf	3	0	0	0
Teahen dh	3	0	0	0	Pnngtn ss	2	0	0	0
Arencii c	3	0	1	0	KSuzuk c	3	0	0	0
JMcDnl ss	3	0	0	0	SSizmr 3b	1	0	0	0
Sweeny ph	1	0	0	0					
Sogard 3b	0	0	0	0					
Totals	**30**	**1**	**4**	**1**	**Totals**		**27**	**0**	**1**	**0**

Toronto	000	000	100	1
Oakland	000	000	000	0

DP—Toronto 1. LOB—Toronto 3, Oakland 3. 2B—Arencibia (14). 3B—Bautista (2). HR—Bautista (36). CS—A.Hill (3).

	IP	H	R	ER	BB	SO
Toronto						
L.Perez W,3-2	6	1	0	0	2	4
Janssen S,2-3	3	0	0	0	1	5
Oakland						
Moscoso L,6-7	8	3	1	1	1	7
De Los Santos	1	1	0	0	0	0

Umpires—Home, Todd Tichenor; First, Mike Estabrook; Second, Greg Gibson; Third, Gerry Davis.

T—2:30. A—16,811 (35,067).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	55	8	18	3	10	.327
Bautista	396	91	126	36	80	.318
Molina	129	17	39	2	11	.302
Escobar	450	68	129	10	41	.287
Encarnacion	369	55	103	12	39	.279
Thames	228	36	61	8	27	.268
Lind	396	49	104	22	72	.263
McDonald	168	19	42	2	20	.250
Davis	320	44	76	1	29	.238
Hill	396	38	89	6	45	.225
Rasmus	85	11	19	3	12	.224
McCoy	81	11	18	1	5	.222
Arencibia	347	38	74	19	57	.213
Teahen	133	12	25	4	12	.188

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Janssen	4	0	2	41.0	42	2.20
Romero	12	9	0	175.0	147	2.73
Perez	3	2	0	49.2	41	3.26
Francisco	1	4	10	37.2	40	4.06
Litsch	4	3	1	59.2	51	4.22
Cecil	4	6	0	91.1	64	4.24
Villanueva	6	3	0	97.2	63	4.24
Alvarez	0	1	0	16.2	10	4.32
Morrow	9	7	0	132.2	154	4.41
Rauch	5	4	11	50.1	35	4.47
Camp	1	2	1	53.1	26	4.56
Ledezma	0	0	0	3.0	5	9.00
Lewis	0	0	0	0.1	0	27.00

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.

Sunday's results

Coquitlam 14 Whitby 8

Okotoks 9 Edmonton 6

Tonight's games

Whitby vs. Edmonton, 7 p.m.

Okotoks vs. Coquitlam, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	11	7	7	29	24	40
Kansas City	25	9	7	9	36	31	36
Houston	26	8	7	11	34	32	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	25	3	7	15	28	33	24
New England	26	4	11	11	26	39	23
Toronto	27	4	12	11	25	48	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	26	12	5	9	36	27	45
Dallas	26	12	7	7	33	27	43
Colorado	27	10	6	11	39	34	41
Real Salt Lake	23	10	7	6	32	20	36
Chivas USA	25	7	8	10	32	28	31
Portland	25	8	12	5	32	41	29
San Jose	25	5	10	10	26	34	25
Vancouver	25	3	13	9	26	42	18

Note: Three points for a win, one for a tie.

Sunday Results

Chicago 2 Toronto 0

Kansas City 1 D.C. United 0

Saturday Results

Portland 2 Vancouver 1

Chivas USA 2 Colorado 2

Columbus 2 Philadelphia 1

Houston 3 Real Salt Lake 2

Los Angeles 2 San Jose 0

New England 2 New York 2

Seattle 1 Dallas 0

Tomorrow's game

Chivas USA at Portland, 11 p.m.

Saturday, Aug. 27

Columbus at Seattle, 4 p.m.

San Jose at Toronto, 7 p.m.

Houston at Vancouver, 7 p.m.

Portland at D.C. United, 7:30 p.m.

Colorado at Chicago, 8:30 p.m.

Dallas at Kansas City, 8:30 p.m.

Real Salt Lake at Chivas USA, 10:30 p.m.

Sunday, Aug. 28

Los Angeles at New York, 7 p.m.

New England at Philadelphia, 7 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	2	2	0	0	7	2	6
Man United	2	2	0	0	5	1	6
Wolverhampton	2	2	0	0	4	1	6
Aston Villa	2	1	1	0	3	1	4
Liverpool	2	1	1	0	3	1	4
Chelsea	2	1	1	0	2	1	4
Newcastle	2	1	1	0	1	0	4
Bolton	2	1	0	1	6	3	3
QPR	2	1	0	1	1	4	3
Norwich	2	0	2	0	2	2	2
Stoke	2	0	2	0	1	1	2
Wigan	2	0	2	0	1	1	2
Sunderland	2	0	1	1	1	2	1
Arsenal	2	0	1	1	0	2	1
Fulham	2	0	1	1	0	2	1
Swansea	2	0	1	1	0	4	1
Everton	1	0	0	1	0	1	0
Tottenham	1	0	0	1	0	3	0
West Brom	2	0	0	2	2	4	0
Blackburn	2	0	0	2	2	5	0

Yesterday's result

Tottenham 0 Manchester United 3

Sunday Results

Norwich 1 Stoke 1

Wolverhampton 2 Fulham 0

Bolton 2 Manchester City 3

Saturday Results

Sunderland 0 Newcastle United 1

Arsenal 0 Liverpool 2

Aston Villa 3 Blackburn 1

Everton 0 Queens Park Rangers 1

Swansea City 0 Wigan 0

Chelsea 2 West Bromwich Albion 1

TENNIS

ATP WORLD TOUR WINSTON-SALEM OPEN

At WINSTON-SALEM, N.C.

Singles

First Round

Kei Nishikori, Japan, def. Gilles Muller, Luxembourg, 1-6, 6-4, 7-6 (5).

Carlos Berlocq, Argentina, def. Andreas Haider-Maurer, Austria, 7-5, 4-1, retired.

Steve Darcis, Belgium, def. Frederico Gil, Portugal, 3-6, 6-3, 6-4.

Dudi Sela, Israel, def. Filippo Volandri, Italy, 6-3, 6-2.

Julien Benneteau, France, def. Ricardo Mello, Brazil, 6-1, 6-3.

Michael Russell, U.S., def. Adrain Mannarino, France, 6-4, 6-7 (3), 6-2.

Denis Istomin, Uzbekistan, def. Matthias Bachinger, Germany, 7-6 (1), 6-1.

Second Round

Marcos Baghdatis (8), Cyprus, def. Ryan Sweeting, U.S., 7-5, 6-1.

Igor Andreev, Russia, def. Jurgen Melzer (2), Austria, 7-5, 6-3.

WTA NEW HAVEN OPEN

At NEW HAVEN, Conn.

Singles

First Round

Marion Bartoli (4), France, def. Anastasia Rodionova, Australia, 6-1, 6-4.

Carla Suarez Navarro, Spain, def. Iveta Benesova, Czech Republic, 6-3, 6-2.

Petra Cetkovska, Czech Republic, def. Ayumi Morita, Japan, 6-2, 6-2.

Anabel Medina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-2, 7-6 (4).

Roberta Vinci, Italy, def. Lucie Hradecka, Czech Republic, 3-6, 6-3, 6-3.

Anastasia Pavlyuchenkova (8), Russia, def. Vera Dushevina, Russia, 3-6, 6-4, 6-3.

Agnieszka Radwanska (5), Poland, def. Ekaterina Makarova, Russia, 6-1, 6-2.

Polona Hercog, Slovenia, def. Nadia Petrova, Russia, 7-5, 7-5.

Doubles

First Round

Hsieh Su-wei, Taiwan, and Monica Niculescu, Romania, def. Brittany Augustine and Whitney Jones, U.S., 6-2, 7-6 (3).

Iveta Benesova, Czech Republic, and Alexandra Dulgheru, Romania, def. Asia Muhammed and Alison Riske, U.S., 6-3, 6-3.

BASEBALL

LITTLE LEAGUE WORLD SERIES

At South Williamsport, Pa.

Yesterday's results

Langley, B.C. 5 Kaohsiung, Taiwan 3

Warner Robins, Ga. 8 LaGrange, Ky. 5 (9 innings)

Hamamatsu City, Japan 13 Dhahran, Saudi Arabia 4

Game 18

Lafayette, La. vs. Clinton County, Pa.

Consolation

Oranjestad, Aruba 5 Rapid City, S.D. 0

GOLF

WORLD RANKINGS

THROUGH AUG. 21

1. Luke Donald	Eng	10.17
2. Lee Westwood	Eng	8.30
3. Steve Stricker	USA	6.93
4. Martin Kaymer	Ger	6.86
5. Rory McIlroy	NIr	6.81
6. Phil Mickelson	USA	5.86
7. Adam Scott	Aus	5.86
8. Jason Day	Aus	5.56
9. Dustin Johnson	USA	5.47
10. Nick Watney	USA	5.33
11. Charl Schwartzel	SAf	5.21
12. Matt Kuchar	USA	5.16
13. Graeme McDowell	NIr	4.85
14. K.J. Choi	Kor	4.75
15. Bubba Watson	USA	4.69
16. David Toms	USA	4.17
17. Ian Poulter	Eng	4.11
18. Paul Casey	Eng	4.09
19. Robert Karlsson	Swe	3.99
20. Kim Kyung-Tae	Kor	3.83

CFL

WEEK NINE

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

WEEK NINE

Byes: B.C., Edmonton, Saskatchewan, Toronto

Friday's game

Hamilton at Winnipeg, 8 p.m.

Saturday's game

Montreal at Calgary, 4 p.m.

NFL

PRE-SEASON

Last night's result

Chicago at N.Y. Giants

WEEK THREE

Thursday's games

Carolina at Cincinnati, 7 p.m.

Cleveland at Philadelphia, 7:30 p.m.

Washington at Baltimore, 8 p.m.

Friday's games

St. Louis at Kansas City, 8 p.m.

Green Bay at Indianapolis, 8 p.m.

Saturday's games

Jacksonville at Buffalo, 7 p.m.

N.Y. Jets at N.Y. Giants, 7 p.m.

Miami at Tampa Bay, 7:30 p.m.

Atlanta at Pittsburgh, 7:30 p.m.

Houston at San Francisco, 8 p.m.

Dallas at Minnesota, 8 p.m.

Chicago at Tennessee, 8 p.m.

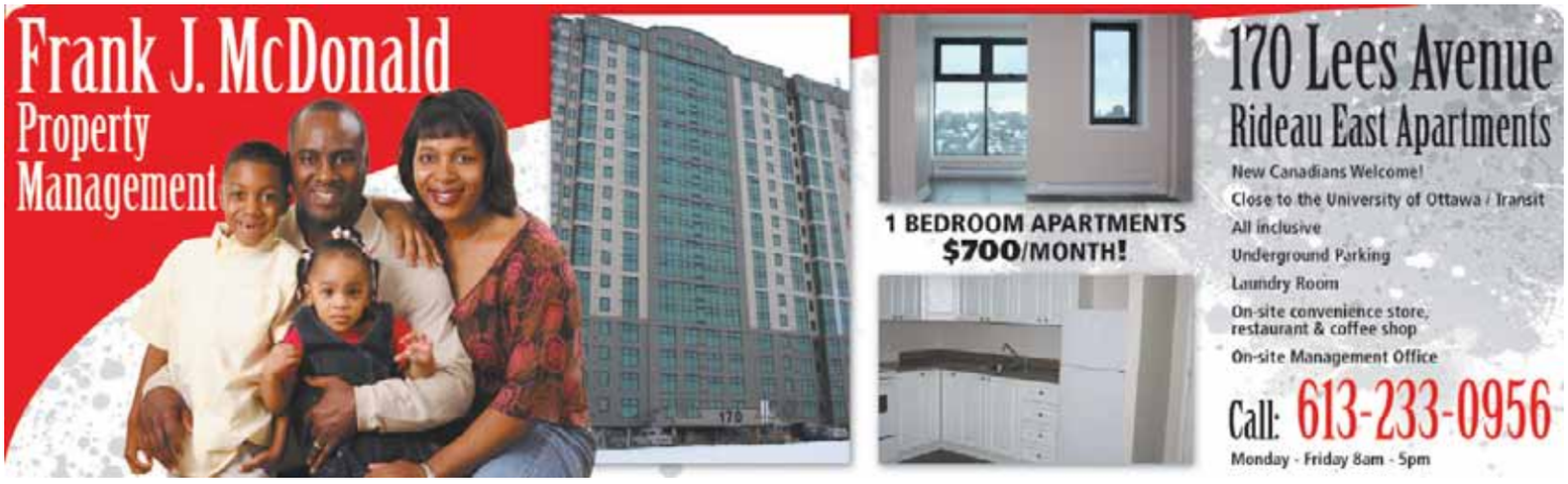
New England at Detroit, 8 p.m.

Seattle at Denver, 9 p.m.

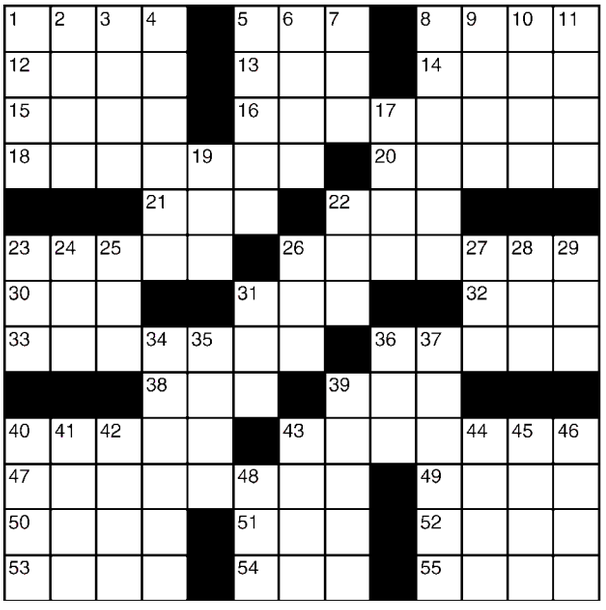
San Diego at Arizona, 10 p.m.

Sunday, Aug. 28

New Orleans at Oakland, 8 p.m.



Crossword



Across
1 Difficult
5 Burst
8 Crooned
12 Old map abbr.
13 Exist
14 Akron's state
15 Wash
16 Wearables
18 Wearables
20 Deep canyon
21 Kids' pie filling?
22 Letter between ex and zee
23 Rush
26 Wearable
30 Wapiti
31 Arctic diving bird
32 Vast expanse
33 Wearables
36 Occurrence
38 Sailors' org.
39 Sheepish remark
40 "Ivanhoe" author
43 Wearable
47 Wearables
49 Entreaty
50 Anise-flavored Greek liqueur
51 Playground game
52 Black, in poetry
53 Adolescent
54 Pigpen
55 Unpleasantly moist

Down
1 Storytelling dance
2 Without delay, on a memo
3 Invitation initialism
4 Saw things in the night?
5 Manhandled
6 Exam format
7 Apiece
8 Fruity dessert
9 Captain's call
10 See 23-Down
11 Leaves
17 Week components
19 Wish otherwise
22 Stir-fry pan
23 With 10-Down, important woman
24 — carte
25 Enjoy Aspen
26 Slice
27 Work with
28 Fellows
29 Dine
31 Raggedy one?
34 Sheep meat
35 Bk. before Job
36 Listener
37 Improvised
39 Loose, as pants
40 Edinburgh resident
41 Hint
42 Leak slowly
43 Summertime pest
44 Exile isle
45 Night light
46 Propane holder
48 "— Impossible"

▶ Yesterday's answer

I	T	C	H		S	A	G		R	O	M	A
S	H	O	O		A	D	A		E	D	A	M
N	O	N	O		M	O	N	O	P	O	L	Y
T	U	N	D	R	A		G	N	O	M	E	S
			O	U	R	S		A	T	E		
M	O	N	O	L	I	T	H		S	T	I	R
P	R	O		E	U	R	O	S		E	R	A
G	E	N	T		M	O	N	O	G	R	A	M
		S	O	W		P	O	L	O			
I	C	E	B	A	G		R	O	L	L	O	N
M	O	N	O	X	I	D	E		D	I	D	O
A	L	S	O		R	U	E		E	R	O	S
M	E	E	T		L	O	S		N	A	R	Y

Sudoku

	3			9		6		
				4			8	7
				5	7	1		3
1	2				3		4	
				2				
	6		7				5	2
6		9	5	3				
8	5			7				
		3		1			6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	6	1	3	5	7	8	4
4	1	5	6	7	8	2	3	9
8	7	3	4	9	2	1	6	5
5	8	1	3	4	7	6	9	2
2	3	4	8	6	9	5	1	7
7	6	9	2	5	1	3	4	8
3	5	2	9	1	4	8	7	6
1	9	7	5	8	6	4	2	3
6	4	8	7	2	3	9	5	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

M.T.C - Hey my love, reminding U that your my everything, my world nd my heart!! I can't wait for my knight nd shining armor to arrive at my front door, so we can continue our journey together....:> Luv u with all my heart nd soul baby...nd if your a good boy you will be rewarded greatly when u come home!!!!
T.I.N.A.

Jiffy - I love you so much sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich :) I love you baby!
SMUCKERS

MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after. **WOMAN**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.

♉ Taurus April 21-May 21 No matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.

♊ Gemini May 22-June 21 Move with the times, even if it means making sacrifices that might not come easy.

♋ Cancer June 22-July 22 You have grown tired of doing the same old things in the same old ways, so by all means shake things up a bit.

♌ Leo July 23-Aug.23 Do something random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted.

♍ Virgo Aug. 24- Sept. 22 Do you know what it is you are aiming for? All you have to do now is go on and get it.

♎ Libra Sept. 23-Oct. 23 Life always balances itself out in the end – so why worry?

♏ Scorpio Oct. 24-Nov. 22 Change is not something to be feared but welcomed.

♐ Sagittarius Nov. 23-Dec. 21 Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.

♑ Capricorn Dec. 22-Jan. 20 Certain people need to be reminded just how special you are.

♒ Aquarius Jan. 21-Feb. 18 A new money-making opportunity will help wipe out your debts.

♓ Pisces Feb. 19-March 20. Always ask for help, and you'll always get it. **SALLY BROMPTON**

Caption contest

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AL BEHRMAN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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